**Feelings and Causes, ICPS Words: Might-Maybe**

Good problem solvers think about their own and others’ feelings. Your child is learning that people can feel DIFFERENT ways about the SAME thing. Try asking your child about feelings and their causes.

**WHEN WATCHING TV OR READING A STORY**

Do you think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is feeling HAPPY OR SAD about what happened? *(Let the child respond.)*

(He/she) MIGHT feel that way.

Would you feel the SAME way or a DIFFERENT way about that?

**IN THE GROCERY STORE**

When you nag (bother) me like that for candy, how do you think I feel?

What can you do so I will NOT feel that way?

I MIGHT NOT feel that way. What else can you do? *(Let the child respond.)*

Good thinking. You thought of two things you can do.

**WHEN YOU ARE ANGRY OR SAD**

Try saying this when your child is not the cause of your anger or sadness:

I feel (ANGRY/SAD) now. Can you tell me WHY? *(Let the child respond.)*

MAYBE it’s BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. *(Repeat the child’s reason.)*

Can you think of something DIFFERENT to do until I feel better?

Try saying this when your child is the cause of your anger or sadness:

I feel (ANGRY/SAD) now. Can you tell me WHY? *(Let the child respond.)*

MAYBE it’s BECAUSE \_\_\_\_\_\_\_\_\_\_\_\_\_\_. *(Repeat the child’s reason.)*

How do you think I feel when you (don’t listen, throw your food, and so on)?

What can you do so I will NOT feel this way?